

Values

Promoting Health Through Happiness & Meaning



OTTER TAIL
COUNTY - MINNESOTA

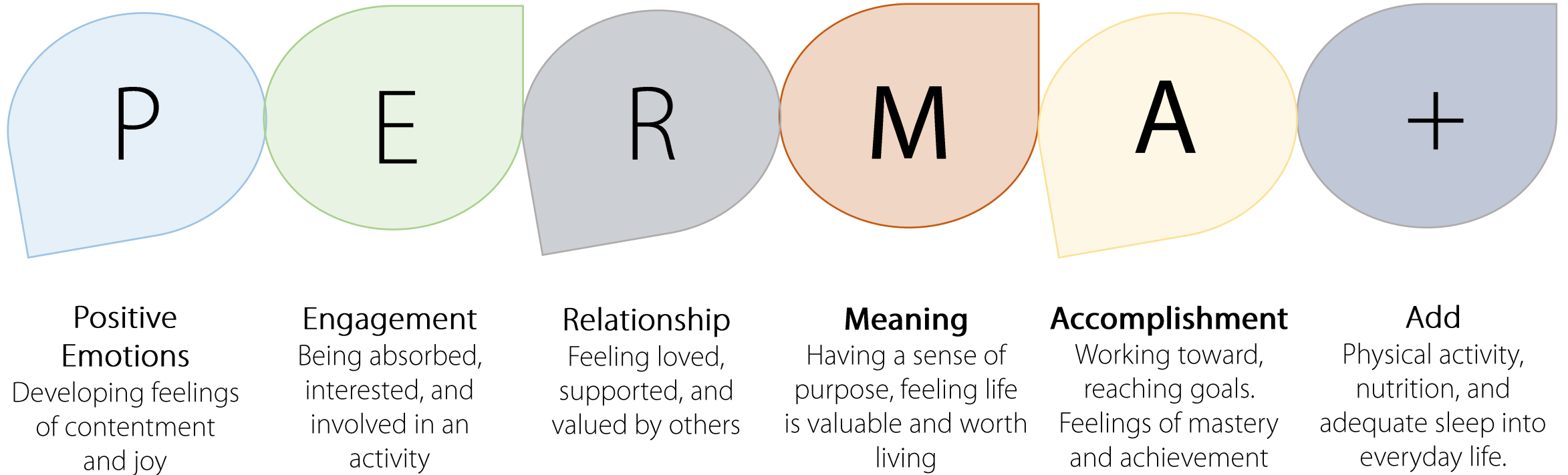


Public Health
Prevent. Promote. Protect.

Values



PERMA+ Framework



Value

noun

A person's principles or standards of behavior; one's judgement of what is important in life.

Types of Values

Individual, Relationship,
Organizational, Societal



Values help you

Find your purpose

React in difficult situations

Make decisions

Develop a sense of self

Increase your confidence

Increase your overall happiness

Identify relationship compatibility

Inspire better health habits

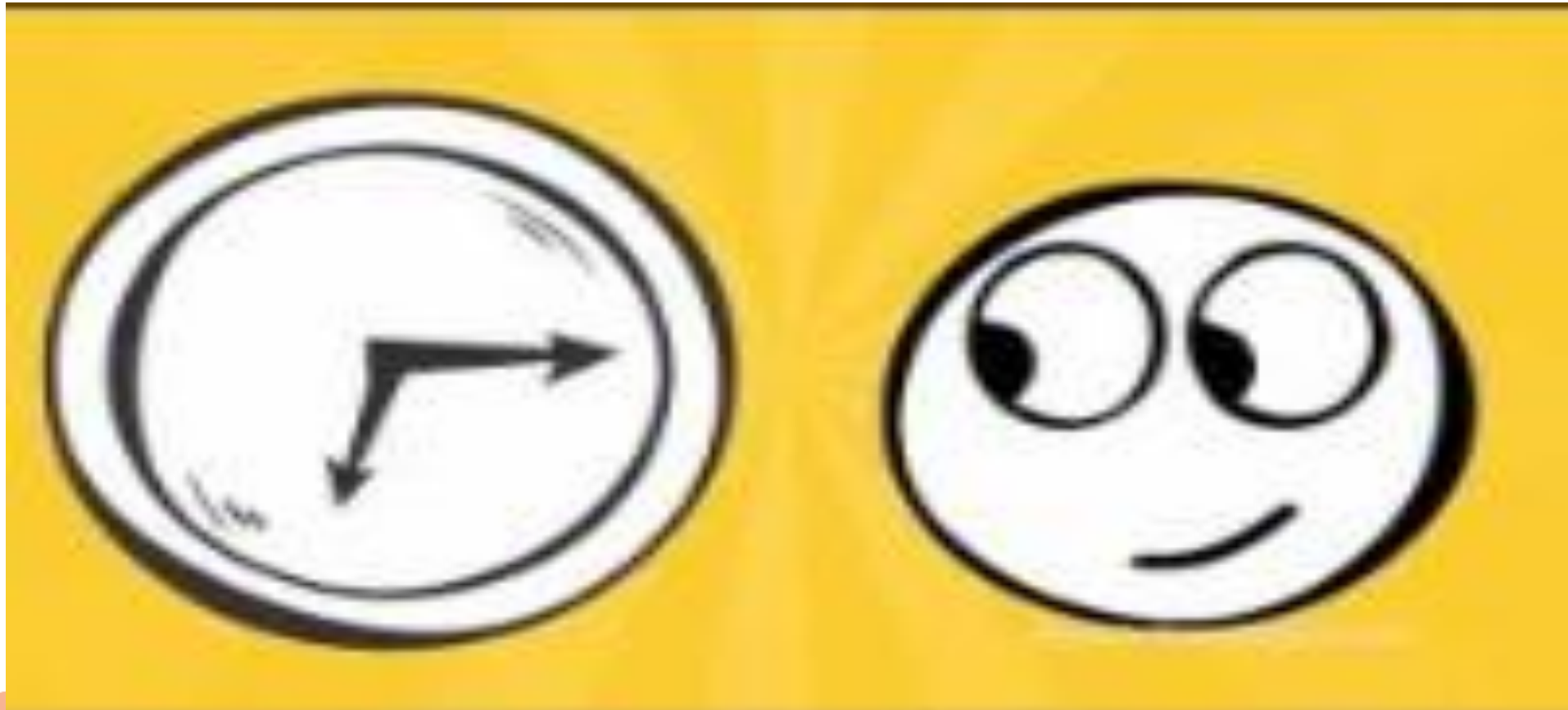
Persist at difficult tasks

Act more assertively

Communicate with more compassion



Values vs Goals (4 minutes)



<https://www.youtube.com/watch?v=T-IRbuy4XtA>

Values

Values Practices

Identify

Affirm

Incorporate

Identify your values

Identifying your values is the first Values practice you can do.

The next 10 slides contain flip cards with a value and definition displayed. Scroll through the slides and make note of which ones are most important to you.

At the end of the flip cards, spend time looking at your list of values and select your top 2-3.

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friendship

Strong ties with family, friends, co-workers or community members

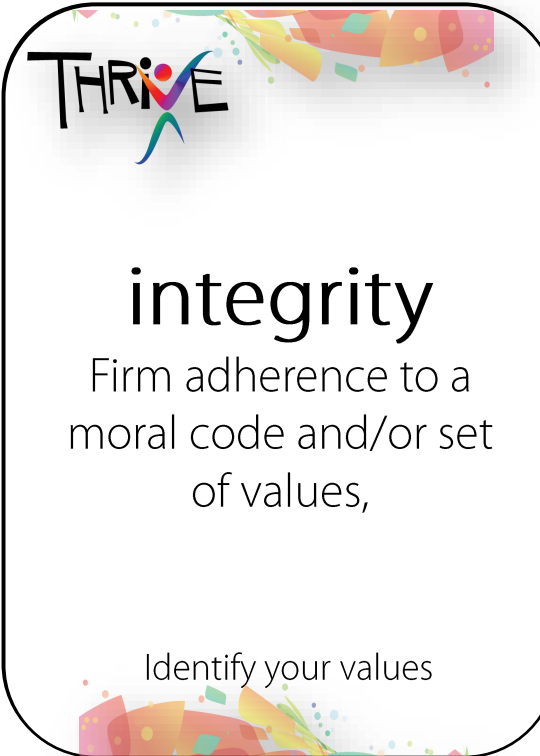
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spirituality

Appreciating the need
to understand one's
inner self and its
relationship with the
world

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community

A group of people with a common background or characteristic or with shared interests

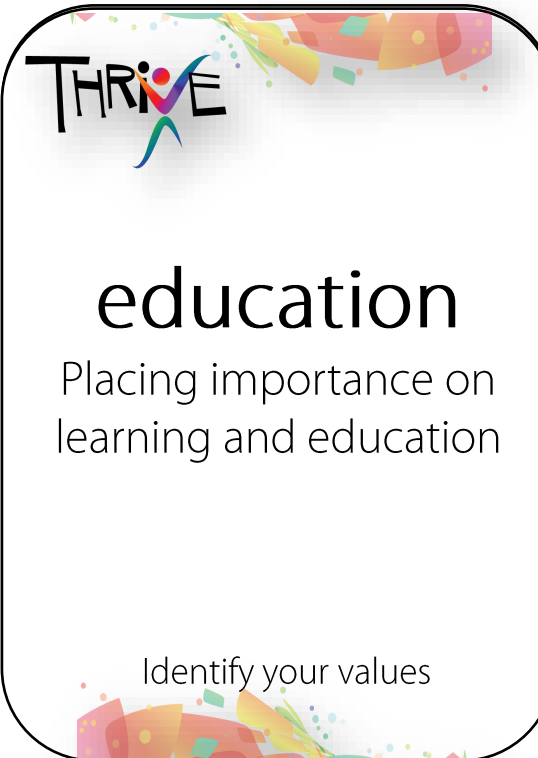
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independence

Ability to be self-directed
in one's thoughts and
actions

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**What are
your top 3
values?**

Identify your values

Affirm your values

Writing about our most important values can help us get the most benefit out of the values practice. Affirm your values through a journaling practice. Write 2 to 3 paragraphs for each of your top values. Consider the questions displayed on this slide.

Try this practice to remind yourself of your values or whenever you feel defensive or threatened.



What are your top 3 values? Why did those values stand out to you the most?



When did your top values play an important role in your life?



How can you incorporate your top values into your work, relationships, or decisions you make?

Incorporate your values

Bring up your values in conversations. For example, you might say, “honesty is important to me.”

At the end of the day, compare your top values with how you actually acted. Were there times during the day when you acted based on your values? Use what you learn to change behavior or adjust your top values to accurately capture what your values are.

Before you face a stressful event, or solve a difficult problem, think or write about one of more of your values



Extra Values Resources

[Different Kinds of Values](#)

[Personal Values Assessment](#)

[List of Values](#)

[Seven Favorite Values Exercises](#)

[Values Reflection Worksheet](#)

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